



## Blue Button Download My Data

**Blue Button** is a way to get your health information electronically. Doctors and hospitals are moving away from paper files and adopting electronic health record (EHR) systems and other health information technology (health IT) tools. Today, more than 50 percent of doctors and 80 percent of hospitals are using EHRs. This means that consumers have more opportunities than ever before to access their medical records electronically and engage with their providers about their health.

Having your health information gives you the ability to:

 **Check** the accuracy of your records, monitor changes, and stay aware of your health history.

 **Reference** your health records to be reminded when you had your last shot, or the exact date of a procedure.

 **Share** with your doctors or someone else you trust, when traveling, considering surgery, moving, or switching health insurance.

 **Plug** it into mobile apps and other tools that can help you set and reach personalized health and wellness goals.



“It wasn’t until my father needed to go to the hospital for emergency care that the **life-saving power of having his medical data** in my pocket became apparent.”

- Beth Schindele  
Blue Button user, caregiver and advocate for her father

The Office of the National Coordinator for  
Health Information Technology 

To learn more about Blue Button, visit [www.healthit.gov/bluebutton](http://www.healthit.gov/bluebutton)